

Session Plan 5 – Topics: Dribbling to Eliminate with Feints / Moves

TAG

[VIDEO LINK CLICK HERE](#)



Time: 10mins

Size: 10 x 10 yards

Organization / Equipment: Cones & Balls

Explanation: Three players try to avoid being tagged by the tagger. Switch roles on a tag. All players must have their ball close and under their knee.

Coaching Points:

- i) Close dribbling
- ii) Split vision – see the ball and the space in front of you
- iii) Timing of eluding behaviour
- iv) Speed and a change of direction when pressured
- v) Deception - Can you use a feint to get around & past the defender

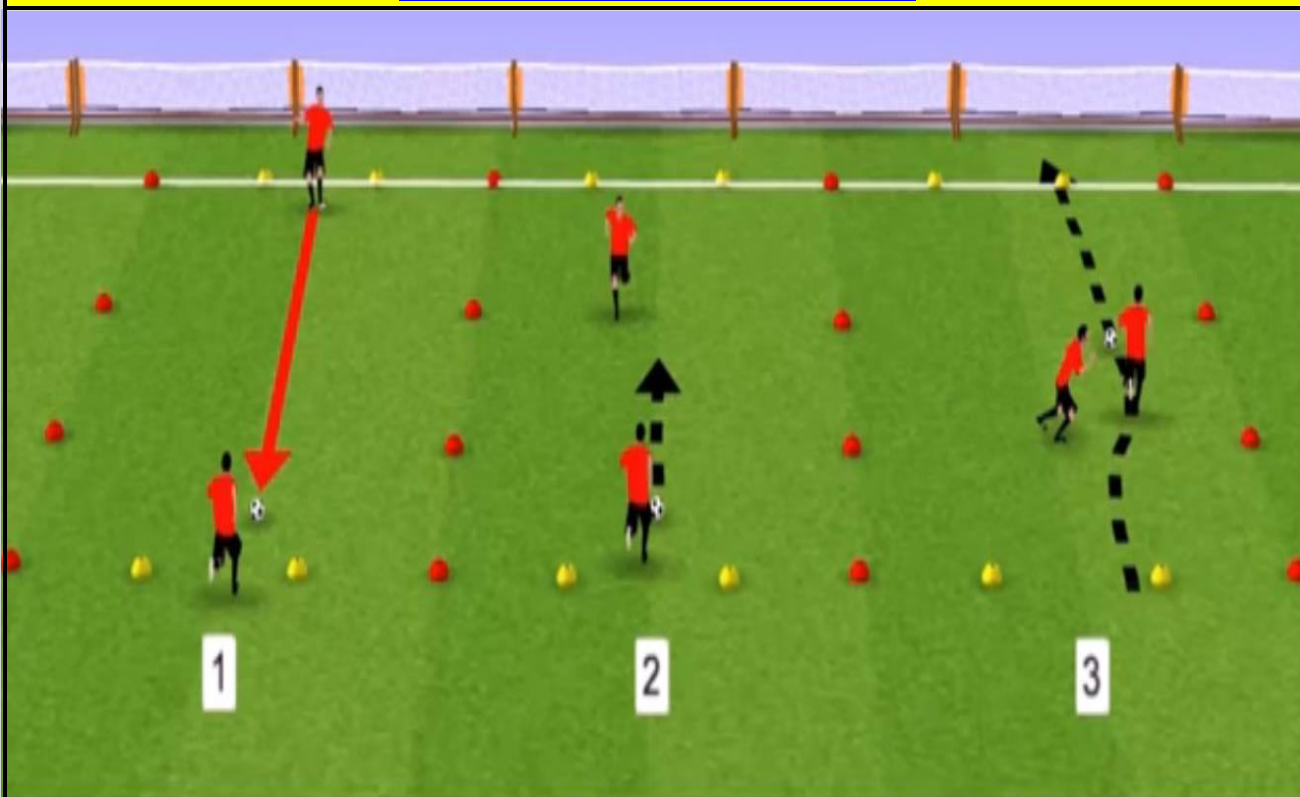
Intervention Key Questions:

- i) Why is it important to always have your eyes up when dribbling?
- ii) How far away should you do my move / feint?

Constraints to Modify or Challenge: Size of playing area or the number of taggers.

1v1 Dribbling Ladder

[VIDEO LINK CLICK HERE](#)



Time: 20mins

Size: 15x10 yards channels

Organization / Equipment: Cones, Balls, Pinnies & a Gates

Explanation: A 1v1 towards a goal. The defender plays the ball to the attacker. Switch roles each time. Make a competitive ladder with 2-3 minute games. The winner moves up the ladder and the non-winner moves down.

Coaching Points:

- i) Close dribbling
- ii) Split vision – see the ball and the space in front of you
- iii) Dribble at defender to freeze them
- iv) Distance & timing of feint/move
- v) Be deceptive and deliberate – have a move in mind! Use it!

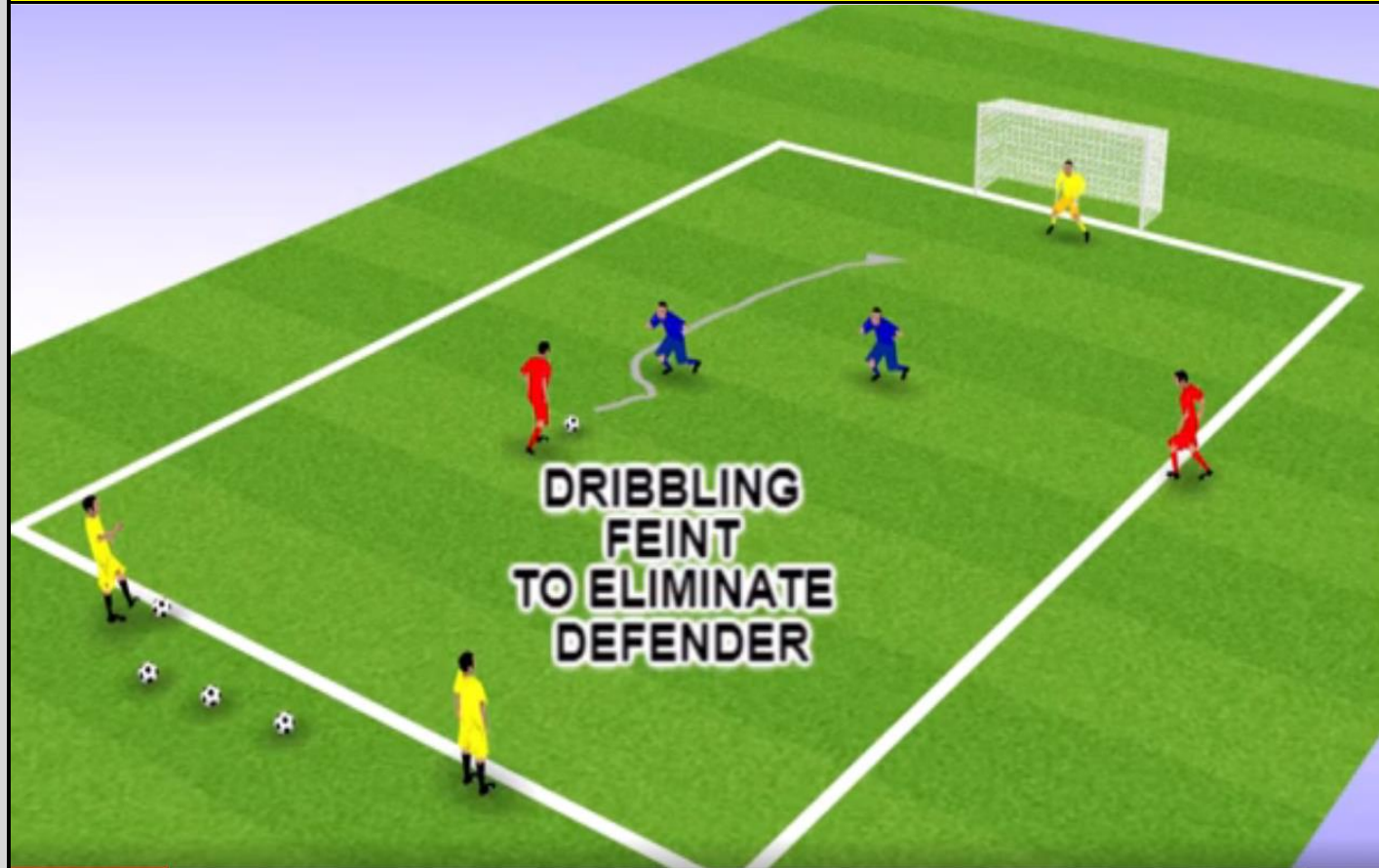
Intervention Key Questions:

- i) Why it important to dribble at the defender?
- ii) What distance away should I do my move / feint?
- iii) What angle should your touch be to go around the defender?
- iv) What moves could you use to eliminate the defender?

Constraints to Modify or Challenge: Size of playing area.

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Two Ways to Score [VIDEO LINK CLICK HERE](#)



SMALL SIDED END GAME 3v3 or 4v4 (Regular FIFA Rules)

Time: 20mins

Size: 30x20 yards

Organization / Equipment: Cones, Balls, Pinnies & a Goal

Explanation: A 2v2 towards a goal. Each goal by the partnership earns a point. If they can be deceptive and eliminate a defender on the dribble they get three points. If the defending team acquire the ball they must find the target/next players. Either have two defenders defend for a period of time or alternate attackers to defenders each time. If you set up two or three of these mini fields, players can maximize participation, development & fun.

Coaching Points:

- i) Width between team mates – create a 1v1
- ii) Dribble at defender to freeze them
- iii) Distance & timing of feint/move
- iv) Be deceptive and deliberate – have a move in mind! Use it!

Intervention Key Questions:

- i) Why it important to dribble at the defender?
- ii) What distance away should I do my move / feint?
- iii) What angle should your touch be to go around the defender?
- iv) What moves could you use to eliminate the defender?

Constraints to Modify or Challenge: Size of playing area.

Time: 20mins

Size: May vary but ideally 30x40 yards or more

Organization / Equipment: Cones, Balls, Pinnies & two goals

Explanation: A regular even strength game to see if the players can implement the session topics in a realistic and representative performance context. Regular FIFA rules.

Coaching Points: -Previous coaching points

Intervention Key Questions - Previous questions

Constraints to Modify or Challenge: floater use or size of playing area